

RESOURCE E-BLAST

VA VISN 5 MIRECC

Putting Recovery Into Practice

January is a Great Time to Quit Smoking!

Welcome to a new year! The start of a new year is the perfect time to quit smoking! Quitting smoking is a great way to improve your health and accomplish something big.
...and, you can do it!

Clinical and educational resources that can help you or a loved one quit smoking as part of mental health recovery are included as attachments to this e-blast.



Planning to Quit & Coping Strategies

Quitting smoking involves learning new ways to cope with negative motions such as stress and boredom. These **Smoking Cessation Handouts** can help smokers identify the situations that will be most difficult for them and plan for ways to approach these situations successfully without smoking. Contact Melanie Bennett at Melanie.Bennett@va.gov for information and resources on integrating smoking cessation into mental health recovery.

Talking to Smokers about Quitting

Many individuals living with a serious mental illness smoke and have the desire to quit. Sometimes mental health treatment providers find it difficult to start conversations around smoking and quitting. The attached provider resources (**VA 5As handout**, **National Quitline Cessation Guide**, and **VA Smoking Cessation resources**), include strategies for talking to individuals about quitting smoking and how quitting smoking can be an important component of mental health recovery. Contact Melanie Bennett at Melanie.Bennett@va.gov for more information.



Assessing Readiness to Quit

Everyone goes through stages as they are attempting to change any behavior, including smoking, and may cycle through stages several times before staying quit. Our **Ready to Quit resources** includes a way to think about what stage of change smokers may be in, a “readiness ruler” to gauge interest in quitting, and, if they are showing some ambivalence towards quitting, a pro/con sheet to examine reasons for and against quitting. For smokers who may be ready to change, [completing a change plan](#) can be helpful to clearly identify quit goals, strategies to help them quit, and ways to address potential challenges or roadblocks. Contact Melanie Bennett at Melanie.Bennett@va.gov for more information.



VISN 5 MIRECC
Baltimore VAMC Annex
209 W. Fayette Street
Baltimore, MD 21201
Phone: (410) 637-1850

<https://www.mirecc.va.gov/visn5/index.asp>

